

# Learning Resources

## Learning Strategies & Support Options

Below, you will find a number of Learning Strategies and Support options. If you are unsure which resources will work best for you and would like to discuss options, please complete the Learning Strategies Referral Form, and a member of the Academic Coaching & Educational Standards team will reach out to you!

[SUBMIT A LEARNING STRATEGIES REFERRAL FORM](#)

### "How To"

- Our **How to Learn** document is adapted from Dr. Sandra McGuire's "Teach Students How to Learn" materials.
- We are not taught how to learn! Less than 50% of all students entering college are academically prepared for college-level work.
- You can be transformed from memorizer and regurgitator to a student who begins to think critically and take responsibility for their own learning.
- This **"How to College"** playlist from Crash Course is helpful in navigating higher ed!

### One-on-One Academic Tutoring

- One-on-one tutoring is available for various disciplines.
- Enhance your study habits, boost your test scores, and achieve your educational goals with the help of free **Academic Tutoring**. Offered in person and online for nearly all subjects.
- The **Math Lab** strives to provide students with an atmosphere that is friendly and welcoming, and helps them to become independent learners. It is a great place to work on math homework in a setting where tutors can answer questions as they arise. It serves students in all math classes.
- The **Writing Center** can help you further your understanding of writing principles and enhance your writing skills. You can request help for any part of the writing process, from brainstorming to revision. Offered in person and online.


### SLSS Student Success Courses

- **SLSS 1000 - University Student Success** introduces and integrates new students to the UVU community, both academically and socially. Teaches strategies for academic success, such as critical thinking skills, time and financial management, and effective collaboration techniques. Develops student awareness of campus resources and assists in exploring and establishing personal, academic, and career goals.
- **SLSS 1190 - Power Learning Strategies** introduces what successful college students do and invites students to begin implementing these research-based techniques and methods in their other courses. Includes attention to creating the conditions for effective learning, comprehension of academic texts, identifying and remembering key information, test preparation and test taking.

## Supplemental Learning & Study Strategies



Reading & Note-Taking



Test-Taking Strategies



Classroom & Study Skills



Time Management Tips



Learning Strategy Videos



Learning Style Preferences

Academic Standards | [academicstandards@uvu.edu](mailto:academicstandards@uvu.edu) | (801) 863-5325 | Room LC 404

### STUDENT

- [ADMISSIONS](#)
- [ACADEMICS](#)
- [CAMPUS LIFE](#)
- [LOOKING TO ATTEND UVU](#)
- [CURRENT STUDENT](#)
- [ACCREDITATION](#)

### EMPLOYEES

- [CAREER OPPORTUNITIES](#)
- [EMPLOYEE RESOURCES](#)
- [DIRECTORY](#)
- [PEOPLE & CULTURE](#)

### COMMUNITY

- [ATHLETICS](#)
- [VISITORS & COMMUNITY](#)
- [OFFICE OF THE PRESIDENT](#)
- [ABOUT UVU / HISTORY](#)
- [ALUMNI](#)
- [INCLUSION & DIVERSITY](#)
- [ESPAÑOL](#)
- [GIVE TO UVU](#)
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### UTILITY

- [COVID-19 INFO](#)
- [MAPS / PARKING](#)
- [SERVICE DESK](#)
- [EMERGENCY](#)
- [POLICE](#)
- [GET HELP](#)
- [SEARCH](#)
- [ACCESSIBILITY](#)
- [TITLE IX / EQUAL OPPORTUNITY](#)